



Lotus Spa® Favorites

Pampering yourself never felt so good. Replenish mind, body and spirit with the variety of services available in the Lotus Spa®. Book early to reserve your preferred time, and ask about our specials for booking multiple services.

Manager's Choice

Aroma Spa Seaweed Massage

100 minutes \$259

Combining the richness of the sea and aromatherapy, this detoxifying treatment starts with a warm aromatherapy body mask and comforting wrap. Relax as your body decongests, easing aches, fatigue and muscle spasm while you receive a foot and scalp massage. Continue with a personalized massage focusing on the stress points of the body - neck, shoulders and back of the body. The benefits of this massage last up to 6 weeks.

Detox & Inch Loss—Ionithermie

50 minutes \$159 – 3 sessions \$299 (Save \$178)

You will lose up to 8 inches 1 session. This figure corrective and firming treatment from France is a unique detox treatment which works with stimuli and algae to reduce cellulite and fatty deposits from the stomach, thighs and buttocks in women and the stomach region in men. Then learn how to remove cellulite the easy European way.

GOSmile Teeth Whitening Treatment

\$149 per person

Your smile is the outward expression of your inner beauty. A beaming smile makes you look younger, more radiant and confident. Are you ready to smile? Then try our advanced GOSmile Tooth Whitening Treatment today. It's a safe and effective way to take your smile from drab to fab in just minutes. Come see us for a free consultation.

Royal Experience

75 minutes only \$399

Indulge with 2 therapists bestowing their expert touch upon your face and body simultaneously. This sublime experience will treat your face to the exclusive Royal Jewel Facial and your body to the Royal Jewel Massage.

Royal Jewel Facial

75 minutes \$325

Treat your skin like royalty. The clinically-trialed Pro-Collagen Quartz Lift Facial smoothes fine lines, leaving you with noticeably improved skin. The precious jewel-infused Royal Elixir, combined with the healing power of touch, remineralizes and rejuvenates the skin. This Royal ritual begins with cleansing the feet and hands, and finishes with a special touch to bring you back to your awareness.

Ultimate Indulgence

160 minutes \$589

Couples will enjoy our most sumptuous pleasures, the revolutionary Elemis Pro-Collagen Quartz Lift Facial and our soothing Elemis Deep Tissue Muscle Massage in an unforgettable 100 minute retreat. The facial rejuvenates and reduces signs of aging, while the massage brings balance to the body.

For your convenience, a discretionary 15% gratuity will automatically be added to your receipt.

Call 5343 or visit the Lotus Spa on deck 5 forward for reservations and information.


Ask about our popular port day specials!



Relaxation

Triple Your Indulgence

- Save up to 30% off
- Save 10% off 1st
- Save 20% off 2nd
- Save 30% off 3rd Signature Service!

Here's how we indulge you: Decide which 3 Signature spa services you must try, marked with a  and simply schedule your appointments. You will then save each time you visit.

Hot Stone Massage

75 minutes \$195

In Bali, it is believed that stones are filled with the vitality and energy of the water that flows over them in an eternal stream. Harnessing these properties, we bathe the stones in warm water, anoint them with the spicy aromas of the Orient, and combine the deep penetrating heat of the volcanic basalt stone with traditional massage and aromatherapy techniques to release muscular tension and balance the spirit.

Bamboo Massage

75 minutes \$199

Imagine warm bamboo shoots of various sizes soaked in essential oil rolling, sliding and massaging your muscles. This gorgeously indulgent massage will revive your senses in a new and innovative way, inspiring the most relaxed state. Customized to your preference, our therapist will use deep tissue techniques or gentle strokes to melt away your tension and soothe your muscles into sweet oblivion.

Thai Herbal Poultice Massage

75 minutes \$195

The Thai herbal poultice massage treatment utilizes warmed muslin poultices of Thai and Chinese herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body to help to reduce aches and pains, increase lymphatic drainage and condition the skin.

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Thai Coconut Poultice Massage

50 minutes \$155

Relax and de-stress with perfectly warmed, pure coconut compresses massaging the body, releasing natural emollients that nourish and moisturize the skin. This will be followed by traditional hands-on techniques to relax and de-stress the muscles even more!

Couples Cabana Massage

80 minutes \$320

This treatment for two includes your choice of a 50-minute Swedish Massage or Elemis Deep Tissue Muscle Massage, plus 30 relaxing minutes of quiet time together to sample our special food and beverage menu.

Couples Side by Side Massage

50 minutes \$269

Enjoy a gorgeously relaxing massage in our suite reserved for couples. Both of you will enjoy a full body massage Swedish/ deep tissue muscle massages, as you lie side by side. Add on Enclave Day Pass for \$39.

Rhythm n' Bliss

50 minutes \$155

Loosen up with this rhythmic rubdown. Tune out with a pair of noise-canceling headphones playing your choice of four music mixes. Your therapist will massage to the beat for a sensory soothing session that hits all the right notes.

Face & Body Sensation

75 minutes \$195

Pure indulgence with exceptional anti-aging facial results! Your Elemis therapist will customize a unique "ice cool thermal muscle massage" to your specific problem areas, alleviating stress and easing aching muscles. While your body is in a pure state of blissful relaxation, you will receive the Elemis Tri-Enzyme Facial to smooth and restore your radiant glow.

Absolute Spa Ritual

105 minutes \$265

Experience pure decadence and stimulate all your senses, from the soles of your feet to the top of your scalp. Enjoy a tantalizing tension releasing massage that combines a series of cultural touches from around the world, blended together with an anti-aging power boosting facial, to instantly firm, rejuvenate and plump the skin.

Remède Customized Massage

60 minutes only \$165

Whether you seek relief from overexerted muscles or simply want to escape reality, this customized massage uses Aromatherapy blends, warm paraffin and a variety of massage techniques to help you achieve ultimate relaxation and rejuvenation.

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Oxydermy Facial

55 minutes \$169

Give your skin what it's been craving. Now you can fight lines and wrinkles, reduce skin discoloration, scarring and reduce pore size. Get that glow that's been eluding you. Let us pamper your skin with the new cutting edge technology that brings Microdermabrasion and Oxygen together in one luxurious treatment. We will cleanse polish, masque and massage you into sweet oblivion. Enjoy your vacation by looking younger and more radiant instantly.

Remede' Customized Facial

60 minutes only \$150

This anti-aging treatment includes cleansing exfoliation, extractions, face massage, mask, moisturizing and UV protection. Each facial is complete with a warm paraffin foot wrap, foot and scalp massage, and eye and lip treatments.

Tri-Enzyme Resurfacing Facial

50 minutes \$125

This facial is clinically proven to reduce the appearance of acne and superficial scarring, uneven skin pigmentation, revealing a renewed level of clarity to the complexion. After just one session, this facial can resurface the skin up to 75% and leave your skin up to 32% smoother. Independent Clinical Trials 2006.

La Therapie Hydralift Facial

50 minutes \$119

A spa favorite, utilizing computer stimuli and hands -on therapy working on the deepest layers of the skin. This "non-surgical facelift" therapy generates an anti-aging effect while working deeply around the eyes, neck and mouth for fine lines, crow's feet, dark circles and puffy eyes. Perfect for all skin types, even the most sensitive skin.

Fire & Ice Manicure/ Pedicure

Manicure \$50 & Pedicure \$70

Your nails are one of your most important accessories, so keep them beautiful with this invigorating manicure or pedicure that will warm your spirit and cool your stress. Using a combination of therapeutic cooling gels and the warmth of massage with a heated stone, your skin will be smoother and your hands or feet nourished and polished to perfection! Why not do both?

Salon Services

Style Dry or Roller Setting	from \$35
Trim or Restyle and Style Dry	from \$59
Cleanse, Style dry and Hair Up	from \$65
Hair Up (without cleanse & dry)	from \$65
Exotic Hand Ritual	\$45
Sole Delight Foot Treatment W/Pedicure	\$65
Full Set Acrylic Nails	\$85
Full Set Acrylic Nails Refills	\$45
Nail Fix	\$15
Paraffin Wax	\$25

Phyto

Is a botanical blend of powerful plants and herbs that help repair the structure of hair and nourish scalp and follicle, roots and ends. During your cruise, while you have time opt to have a luxurious and nourishing Phyto treatment.

Phyto Thirst Quencher	30 minutes \$49
Rescue Remedy	30 minutes \$49
Botanical Bliss	30 minutes \$49
Phyto Color Guard	15 minutes \$29

The Royal Shave

55 minutes \$95

This premium treatment includes the Express Shave, Elemis Pro-Collagen mini facial and a luxurious face, scalp, hand and arm massage.

Keratin Express Blow Out

60 minutes from \$149

Say goodbye to frizz in just one hour with the new Keratin Complex Smoothing Therapy Express Blow Out. This specially formulated treatment eliminates up to 95% frizz and lasts up to 6 weeks.

Elemis Urban Cleanse for Men Facial

50 minutes \$75

This deep cleansing facial decongests the skin to help eliminate blocked pores, accelerate skin repair and neutralize impurities for the clearer complexion. Our fast-acting, revolutionary ingredients reduce sensitivity and provide long-lasting defense against the damaging effect of daily pollutants.

Bliss Poetic Waxing Services

From \$25

Remove unwanted hair from virtually anywhere with our quick, painless, skin-loving waxing services. The salon offers a full menu of waxing treatments for the face and body so you can be silky smooth and hair free during your vacation. Treatment areas include Under Arm, Half Leg, Full Leg, Bikini, Deep Bikini, Chest.



MediSpa Cosmetic Facial Treatments with Dr. Tarun Prasad

Uplifting and youth-enhancing treatments including non-surgical brow lift, instant lip enhancement, and volumizing skin treatments. Reduce fine lines and wrinkles or instantly replace skins lost volume. All treatments are FDA-Approved and administered by our licensed Spa Physician. Amazing results that last for months.

For your convenience, a discretionary 15% gratuity will automatically be added to your receipt.



Wellness

Ionithermie Revitalizing Leg Therapy

40 minutes \$79

Ideal for tired and heavy legs, this revitalizing therapy will help treat poor circulation, swelling, varicose veins and aches associated with activities or been on your feet all day.

Ionithermie Cheek Lift

50 minutes \$159

This treatment will help to give your buttocks a lift while firming and toning the skin. Active ingredients are applied to the area before a gentle stimuli is placed on the buttocks, thighs and tummy, stimulating muscle and firming.

Exotic Lime & Ginger Salt Glow with Massage

75 minutes \$199

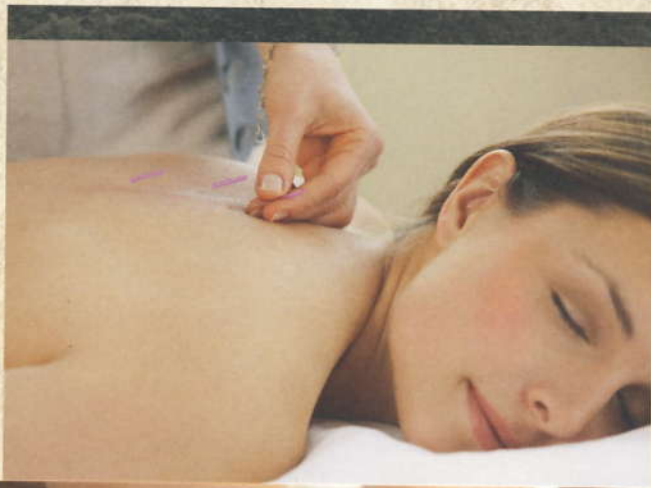
An exotic exfoliation ritual that will invigorate and revitalize your body. Warm oil is dripped luxuriously over your body before our Lime and Ginger Salt Glow is applied. We then apply our Elemis Exotic Island Flower Body Lotion, leaving skin replenished and vibrant. After rinsing away the salts, you will receive a Deep Tissue Muscle Massage.

Acupuncture

Treatments with Licensed Acupuncturist
Complimentary consultations available

Looking for an alternative way to care for your health? Tired of all your medications? With ancient healing from the Orient, you can treat modern problems of today. Treatments range from pain relief, sea sickness, detox, weight loss, to an acupuncture face lift.

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Individualized Personal Training

60 minutes \$85

Get on track with a 1-hour personal training session. You'll be coached through an exercise routine that is customized for you by one of our highly trained staff.

Body Composition Analysis "BCA"

Only \$35 – Couples \$50

Our analyzer will read your metabolic rate, the percentage of muscle, and water retention and calorie intake within your body & compare it with the percentage that is recommended for you, according to height, weight, age and gender. You will discover how to improve your body with easy to follow Nutrition, Exercise and Detoxification!

Body Sculpt Boot Camp

45 minutes per session/series of 4

Boot camp consists of 4 fat burning sessions. Each session will focus on different muscle groups and you will burn anywhere from between 300-700 cal by activating all the muscle fibers that we struggle to work in conventional exercise.

The programme includes a complete metabolism test.

TRX Suspension Training

45 minutes

TRX suspension training harnesses your own body weight to create resistance as you train. Suspension training tightens your core and enables you to perform hundreds of exercises that build power, strength, flexibility, balance, mobility, and prevent injuries-all at the intensity you chose.

Good Feet

Find out why looking after your feet is so important to manage any pain and can give you the greatest comfort while living a more active lifestyles.

Come in for a Foot Print Analysis with our Good Feet Specialists.

ChiBall fire Yoga

45 minutes

This dynamic fusion yoga class builds heat and challenges strength and core stability. ChiBall fire yoga helps detoxify the whole body promoting weight loss, improving posture, strength and cardiovascular fitness.

Pure-Form Pilates

45 minutes

Pure-form pilates uses a ring, foam-core roller and weighted balls to engage in various movements as established and recommended by Joseph Pilates.

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